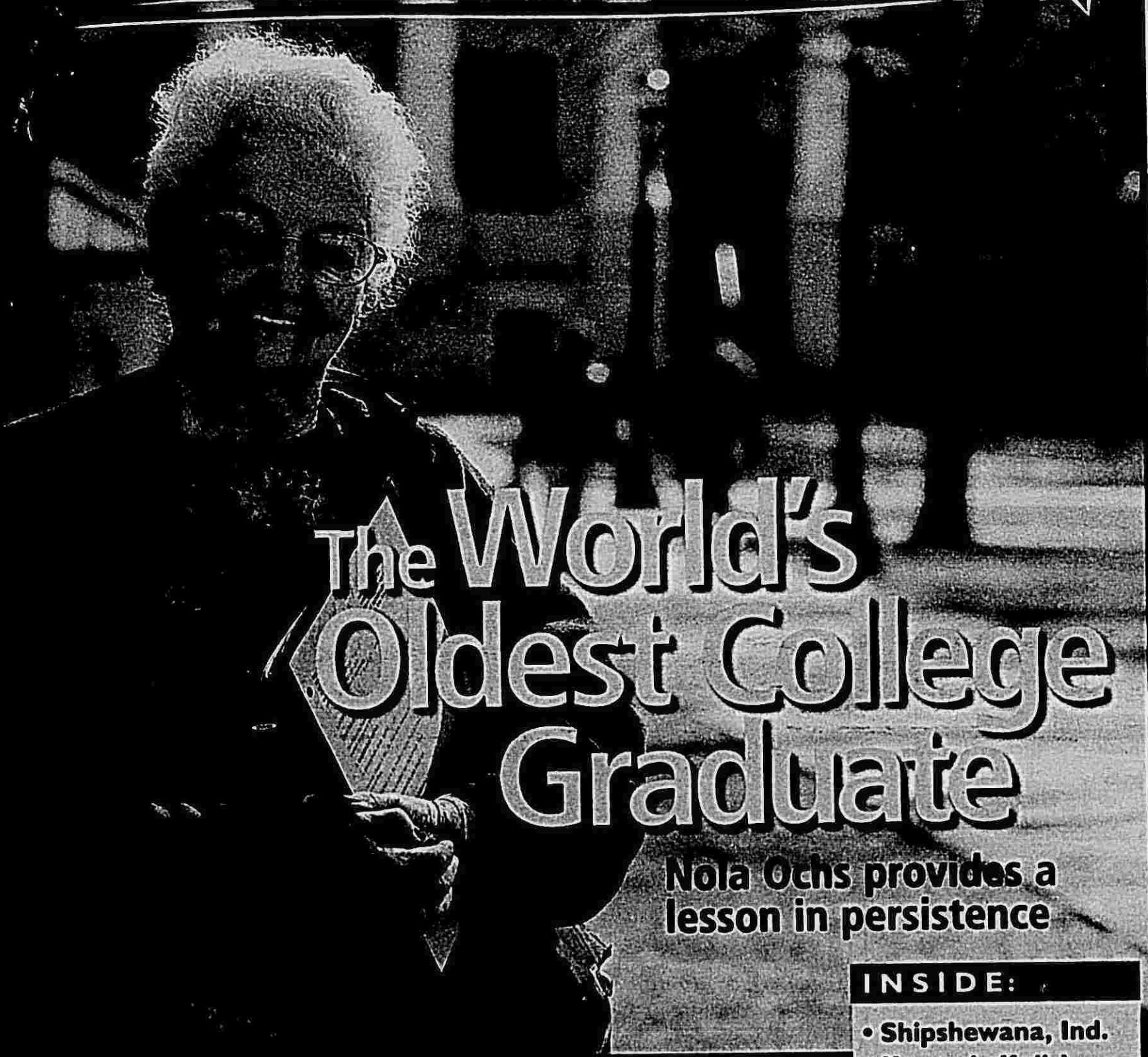


DALE SEPTEMBER 4 AT 8/7C **only on CMT**

AUGUST 26 - SEPTEMBER 1, 2007 | AMERICANPROFILE.COM

American Profile



The World's Oldest College Graduate

**Nola Ochs provides a
lesson in persistence**

INSIDE:

- Shipshewana, Ind.
- Kennedy Kulish,
a big-hearted girl
- Finding John Henry
- Butter rum cake

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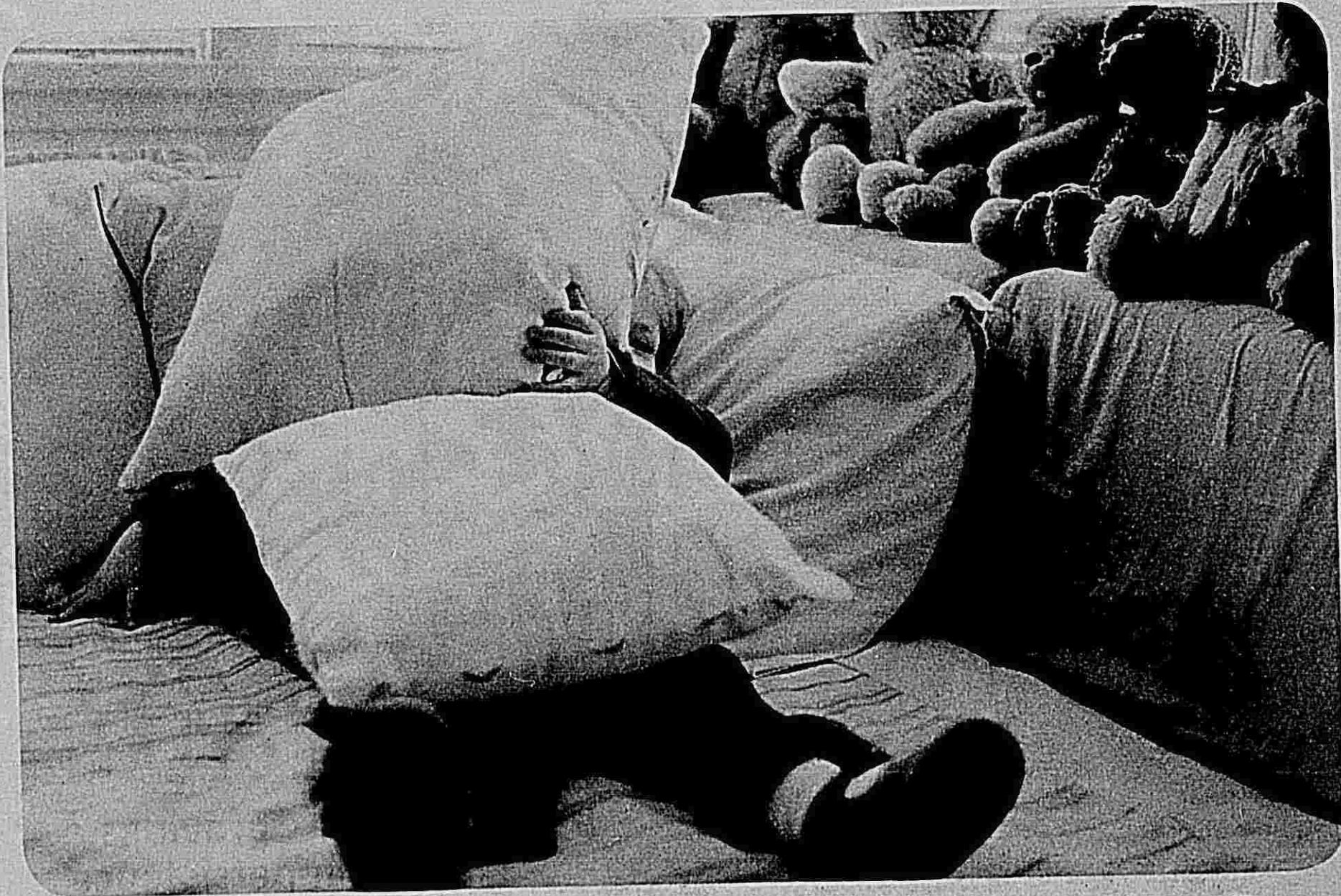
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Ask American Profile

Q What is Treat Williams doing now that the TV series *Everwood* has been canceled?

—Carrie Temple, Fulton, Miss.

Williams, 55, who played Dr. Andrew Brown on *Everwood*, has worked nonstop since the series ended last year. He guest-starred on several episodes of ABC's *Brothers & Sisters* as a love interest for Sally Field's character. This summer, he's put his white coat back on for TNT's new series *Heartland*, on which he plays a pioneering organ-transplant surgeon who takes risks that other doctors won't in order to save the lives of his patients.



Actor Treat Williams



The TV series *Cavemen* will star (from left) Stephanie Larmen, Dash Mihok, Nick Kroll, Bill English, Kaitlin Doubleday, and John Heard in a comedy based on the GEICO commercials.

Q I heard that there is going to be a series based on the GEICO cavemen commercials. Will it feature the actors from the commercials? And is that *Rocky* actress Talia Shire in the "therapist" spot?

—Arnold Craig, Valencia, Calif.

ABC-TV bought the rights from GEICO to create a half-hour comedy series featuring the cavemen that will premiere this fall. The commercials star Jeff Daniel Phillips, who won a film-festival award for directing and starring in the 2003 thriller *Hide*, and Ben Weber, who played Skipper Johnson on *Sesame Street* and Vic Faisan in *The West Wing*, as the cavemen. But for the series, Bill English, Dash Mihok and Nick Kroll will portray the modern-day Cro-Magnons. And, yes, that is indeed actress Talia Shire as the psychiatrist in the commercial set in a therapist's office.



Seeing the therapist

* Cover photo by Steven Haasler

Q What can you tell me about the person behind the name I've seen on so many different CDs and albums throughout the years: producer Phil Ramone?

—Mark Bennett, Elk City, Okla.

Ramone, 66, is the heralded super-producer behind a 40-year string of hits by a who's who of artists, including Aretha Franklin, B.B. King, Sting, Elton John, Rod Stewart, Paul Simon, Madonna, Bruce Springsteen, James Taylor, Bob Dylan, Sheryl Crow and Tony Bennett. He was born in Cape Town, South Africa, but as a child came to New York, where he became a prodigy on violin, learned guitar and delved into the technical side of making music. His new memoir, *Making Records: The Scenes Behind the Music*, is a ringside seat to the makings of contemporary musical history.



Producer Phil Ramone

Q Is the actress who played Toby Keith's daughter in the movie *Broken Bridges* related to country singer Miranda Lambert? They sure look a lot alike.

—M. Davis, Linton, Ind.

They're not related, but they're both comfortable around a guitar. In May, Lambert, 23, went home with a trophy from the Academy of Country Music as the year's top newcomer. Actress-singer Lindsey Haun, 22, who almost stole the show away from superstar headliner Toby Keith in *Broken Bridges*, is working on her debut CD. Both Lambert and Haun are performing this summer and fall with Keith on his "Big Dog Daddy" tour.



Singer Miranda Lambert (left) and actress Lindsey Haun have a lot in common.

■ Would you like to know more about your favorite celebrity or public figure?

Send your questions to: Ask American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067 or e-mail us at askus@americanprofile.com.

The volume of mail received prohibits us from giving personal replies—through e-mail or other means.

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Hometown Hero

by TRACY LEINBERGER-LEONARDI

Little Girl, Big Heart

When Kennedy Kulish's baby brother, Kaeden, was born in 2003 with a hole in his heart, she spent a lot of time in hospital waiting rooms watching other children and their parents come and go.

"I saw a lot of sick children and sad parents," recalls Kennedy, now 10, of Lancaster, Pa. (pop. 56,348). "I wanted to help them."

By the time Kaeden's first birthday rolled around, he had endured three open-heart surgeries, and Kennedy, then 6, wanted to help other seriously ill children like her brother.

"I told my mom that Kaeden really didn't need any toys, so let's ask people to give him money for us to give to Penn (Penn State Children's Hospital) to help other children like him," Kennedy says.

That was the beginning of Kisses for Kaeden, a fund-raising effort led by Kennedy in honor of her brother, who now is a healthy 4-year-old.

Kennedy and her mom, Cammyjoy, sent out invitations to Kaeden's first birthday party with requests that guests bring donations instead of

Kennedy's little brother, Kaeden, was the inspiration for her fund-raising project.

Kennedy Kulish is at the center of a movement that has raised nearly \$40,000 for various charitable causes.

gifts. "Back then, I didn't have a computer, so we made 45 invitations with crayon and markers," Cammyjoy recalls. "But people came and they gladly donated."

More than \$2,000 was collected. "I took the money to the hospital the very next day. It felt great," Kennedy recalls. "I asked my friends if they still wanted to help. They did, so we started Kisses for Kaeden."

Kisses for Kaeden is a "merry band of very young volunteers," says Kathryn Quinn, director of the United Way of Lancaster County Volunteer Center. Kennedy leads the group of a dozen or so 6- to 12-year-olds, who wear matching yellow smiley-face T-shirts and raise money with lemonade stands, auctions, bake sales and garage sales.

Many people in Lancaster know Kennedy simply as "the fund-raiser girl." Every month for the last three years, she's organized and hosted an event to benefit a local or national charity.

Kennedy and her volunteers have raised \$38,000 so far for a variety of nonprofit organizations, including the American Heart Association, American Red Cross, Children's Miracle Network, Muscular Dystrophy Association and United Way.

In addition to raising money, Kennedy collects stuffed animals that are distributed by

Lancaster police. "We recently found a small boy wandering the streets alone," Sgt. Todd Umstead says. "He definitely needed a stuffed animal. Kennedy makes it possible."

Umstead thinks of Kennedy every time he grabs a teddy bear from a box stocked with huggable creatures at the police station. Kennedy collects stuffed animals for the box every month, and her mom estimates that 1,500 stuffed animals have been donated to the police department through Kennedy's efforts.

Last year, she received a \$1,000 prize from Angel Soft's Angels in Action program that recognized her philanthropic work. She used the money to buy clothes, books and toys for children at Mom's House, a home for teenage mothers in Lancaster.

"I'm just a regular kid," Kennedy says. "I play a lot of sports, dance, cheer, and I love school!"

A regular kid, maybe, but one with an enormous heart.

"There are so many people who need things to feel better, or just live and eat," she says. "I want to help."

Tracy Leinberger-Leonardi is a writer in Elkton, Md.

Click on this story at americanprofile.com to post a comment, view more photos or get contact information for Kisses for Kaeden.

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Weeknights



by MARTI
ATTOUN
Contributing Editor
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Hausler

The World's Oldest College Graduate

When Nola Ochs graduated with a history degree in May, she made history herself as the world's oldest college graduate. But the 95-year-old hasn't packed away her book bag yet.

Nola returned to Fort Hays State University in Hays, Kan. (pop. 20,013), this month to pursue a master's degree in liberal studies. "I'm always satisfied when I'm in a learning situation," she says.

Nola already has put her bachelor's degree to work. During a guest appearance on *The Tonight Show with Jay Leno* in May, Nola joked that she planned to seek employment on a cruise ship as a storyteller.

"I had to say something when people asked," Nola says, her face aglow with sparkling blue eyes. Princess Cruises offered her a job as a guest lecturer, and Nola set sail on a nine-day Caribbean cruise in June.

Nola's family says she is an inspiration to everyone.

"I think it's terrific any time someone has a desire like that and follows through," Alan Ochs, 53, says about his mother's yearning to learn. It will take at least two years to complete her master's degree and Nola will be 97 or older.

"My mother has never talked about her age," says Alan, the youngest of Nola's three sons. "You're as young as you think you are. It's just a number."

Staying involved

Nola wasn't thinking about a world record or recognition or even a college degree when she enrolled in her first college class—tennis—at Dodge City Community College in Dodge City, Kan. (pop. 25,176), in 1978 as a 68-year-old widow.

"I just wanted to get out and be with people," says Nola, whose husband, Vernon, died in 1972. "I wanted to be involved. College was something for fun, something to do."

Nola and college clicked. After tennis, Nola took an agribusiness class to better manage the family's wheat farm near Jetmore, Kan. (pop. 903), with her three sons: Alan, Marion, 64, and Loren, 72.

Each year, Nola took one or two classes, including Bible and computer classes, which proved to be a boon for her genealogy research, a longtime interest.

In 1988, one of Nola's professors told her that if she'd take college algebra, she would have enough credits for an associate's degree in general subjects. Nola didn't hesitate, or stop with an associate's degree.

She continued her studies for the joy of learning, but with the intention of earning a bachelor's degree some day from Fort Hays State University, although the university is 110 miles from the family farm.

"I still wanted to graduate," Nola says. "That desire was still there."

Three years ago, Nola e-mailed an academic adviser at Fort Hays State University to see if her credits from Dodge City Community College would transfer. She mentioned that she had taken a correspondence course through Fort Hays when the school was known as Kansas State College.



At 95, Nola Ochs gives new meaning to the phrase "senior on campus." Click on this story at americanprofile.com to view more photos of the elder scholar.



Fort Hays State University President Edward Hammond congratulates Nola upon receiving her diploma from Kansas Gov. Kathleen Sebelius.

The adviser, Joleen Briggs, located her transcript and puzzled at the date of the correspondence course: 1930.

"I looked at that transcript and thought it was a typo," Briggs recalls. "Then I looked at her birthday—1911—and thought, 'Oh, my gosh,' and then I just had to ask her, 'Nola, how old are you?'"

Young at heart

Nola was born to Olly and Ethel Hill on Nov. 22, 1911, and grew up on a farm near Ainsworth, Neb. (pop. 1,862), where she had responsibilities before she was old enough to attend school. One of her chores was gathering a tub of corncobs each day to be burned for heating and cooking.

"My parents stressed diligence and honesty and cleanliness and that tended toward making me what I am today," Nola says.

One of Nola's earliest memories, at the age of 6, is of the family riding to town in a wagon so her father could enlist in the Army during World War I. That experience served as a lesson in duty and patriotism.

Throughout her school years, Nola's mother, a former schoolteacher, encouraged her to do her best, and she did, winning grade-school arithmetic contests and serving as salutatorian of her eighth-grade class.

"I rode a horse four miles to school, then drove a car when I was a sophomore," she says. "That oil would get so cold, I could barely change gears."

In 1927, the Hill family moved to a farm near Dodge City, Kan. Nola boarded with an in-town family when school was in session and she graduated from Dodge City High School in 1929.

Following in her mother's footsteps, she passed her teacher's certification exam and taught in country schools in Hodgeman County (pop. 2,085) for four years before marrying Vernon Ochs.

"In the '30s, '40s and '50s, women didn't work outside the home," Nola says, "and really I was pretty busy with four children." A son, Charles, died. "In the '30s, during the Depression, I milked nine cows by hand in order to live."

Nola still works on the farm, handles the bookkeeping and drives into town to pick up machinery parts when needed. One of her concerns whenever she thought about completing her bachelor's degree was neglecting her farm. Her sons assured her, though, that the farm would be in good hands if she decided to go away to college.

A coed at 94

Last fall, Nola packed up her computer, clothes and crochet hooks and moved into a campus apartment at Fort Hays to complete the 30 hours needed for a bachelor's degree.

(Continued on page 10)

"My parents stressed diligence and honesty and cleanliness and that tended toward making me what I am today."

—Nola Ochs

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by AMY ESKIND

Love Your Lungs

Breathing is something that most of us don't often think about, but each day we draw as many as 23,000 breaths, which deliver more than 2,000 gallons of air to our lungs. The essential act of inhaling and exhaling, 10 to 20 times per minute, supplies our blood with the life-sustaining oxygen needed by all cells in the body, and removes carbon dioxide waste.

The lungs also help defend against infection by destroying foreign substances such as bacteria and dust that we inhale. Because the lungs play such a vital role in our health, it's important that we treat them with care.

Clean air

Breathing clean, pollution-free air is the key to maintaining healthy lungs for life. Not smoking is the most important thing we can do to love our lungs and reduce the risk of lung disease.

"Don't smoke," says Dr. Norman Edelman, chief medical officer of the American Lung Association. "Don't be around anybody who smokes. Smoking is the number one environmental cause of lung disease," he says.

If you do smoke, quit now. Call 1-800-Quit-Now or visit www.SmokeFree.gov for information on how to quit. Stopping smoking, even if you have lung disease, will help you live longer, says Dr. James Kiley, director of the National Heart, Lung and Blood Institute's lung division. "It is never too late to stop. There are immediate benefits."

In addition to not smoking, try to avoid exposure to air pollution, whether indoors or outdoors. "People who live near highways and other areas where they are exposed to exhausts and diesel engines are exposed to air pollution, and air pollution can be dangerous," Edelman says.

Stay indoors when outside air quality is poor, and, if you work around chemicals, fumes or other toxic substances, wear a mask that meets Occupational Safety & Health Administration standards. The American Lung Association offers several tips to improve the air quality in your home, including using high-efficiency air filters and changing them



regularly; using ventilation fans in the bathroom and kitchen; opening the windows for a few minutes each day to bring in fresh air; and using a dehumidifier in the basement when the humidity level is high.

Healthy habits

Talk to your doctor about getting an annual flu vaccine and a pneumonia vaccine, especially if you are at risk or if you already have lung disease.

Like the rest of the body, the lungs need the proper vitamins and other nutrients to stay healthy, so eat at least five servings of fruits and vegetables daily, and get adequate protein. If you are underweight or overweight, see a dietitian.

Exercise is good for the lungs as well. Aerobic exercise, such as walking and dancing, improves the ability of the lungs to deliver oxygen to the body, says Dr. Michael W. Blatt, a lung specialist at Ohio Valley Medical Center in Wheeling, W.Va. "Trained muscles use less oxygen. You'll be able to do more work for longer."

Report any breathing problems, however minor, to your doctor. Increased shortness of breath, a persistent cough, wheezing, coughing up blood or colored mucus, chest pain or tightness, and hoarseness can be symptoms of lung diseases such as asthma, bronchitis or lung cancer.

More than 35 million Americans have chronic lung diseases. According to the American Lung Association, these diseases are responsible for more than 340,000 deaths annually, including some 160,000 lung cancer deaths.

A serious lung disease—encompassing emphysema and chronic bronchitis—is chronic obstructive pulmonary disease (COPD), which afflicts an estimated 24 million Americans. "Chronic obstructive pulmonary disease is a killer disease and it's on the rise," Kiley says. Like lung cancer, COPD is closely linked to smoking.

"Anyone who is over 45 who has smoked the equivalent of a pack a day for 10 years should take a breathing test," says Dr. Mark Millard, medical director at the Martha Foster Lung Care Center at Baylor University in Dallas.

Not smoking, making healthy lifestyle choices, and paying attention to any breathing difficulties or warning signs can go a long way toward keeping your lungs healthy. Early detection and medical care may help slow the progression of lung diseases.

Ultimately, loving your hardworking, life-sustaining lungs will ensure that you'll breathe easier for a lifetime. ➤

Amy Eskind is a writer in Nashville, Tenn.

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What is COPD?

Chronic obstructive pulmonary disease (COPD) is a term used to describe serious diseases in which the lungs are damaged, making it difficult to breathe. Two of those diseases—emphysema and chronic bronchitis—frequently occur together.

Some 12 million Americans have been diagnosed with COPD, and just as many are believed to have the disease without knowing it. COPD is the fourth leading cause of death in the United States, accounting for more than 123,000 deaths each year. Smoking causes 80 to 90 percent of COPD-related deaths, according to the American Lung Association.

In people who have COPD, the passageways that carry the air into and out of the lungs are partly blocked, resulting in increased shortness of breath. The condition can become so severe that simple tasks such as bathing and dressing are difficult.

"I can become short of breath sitting down in a chair, if I talk too long, or if I eat too much," says COPD Foundation Programs Manager Pam DeNardo, of Trinity, Fla. (pop. 4,279), who suffers from emphysema. "I always feel like people do at the end of a run when they can't catch their breath."

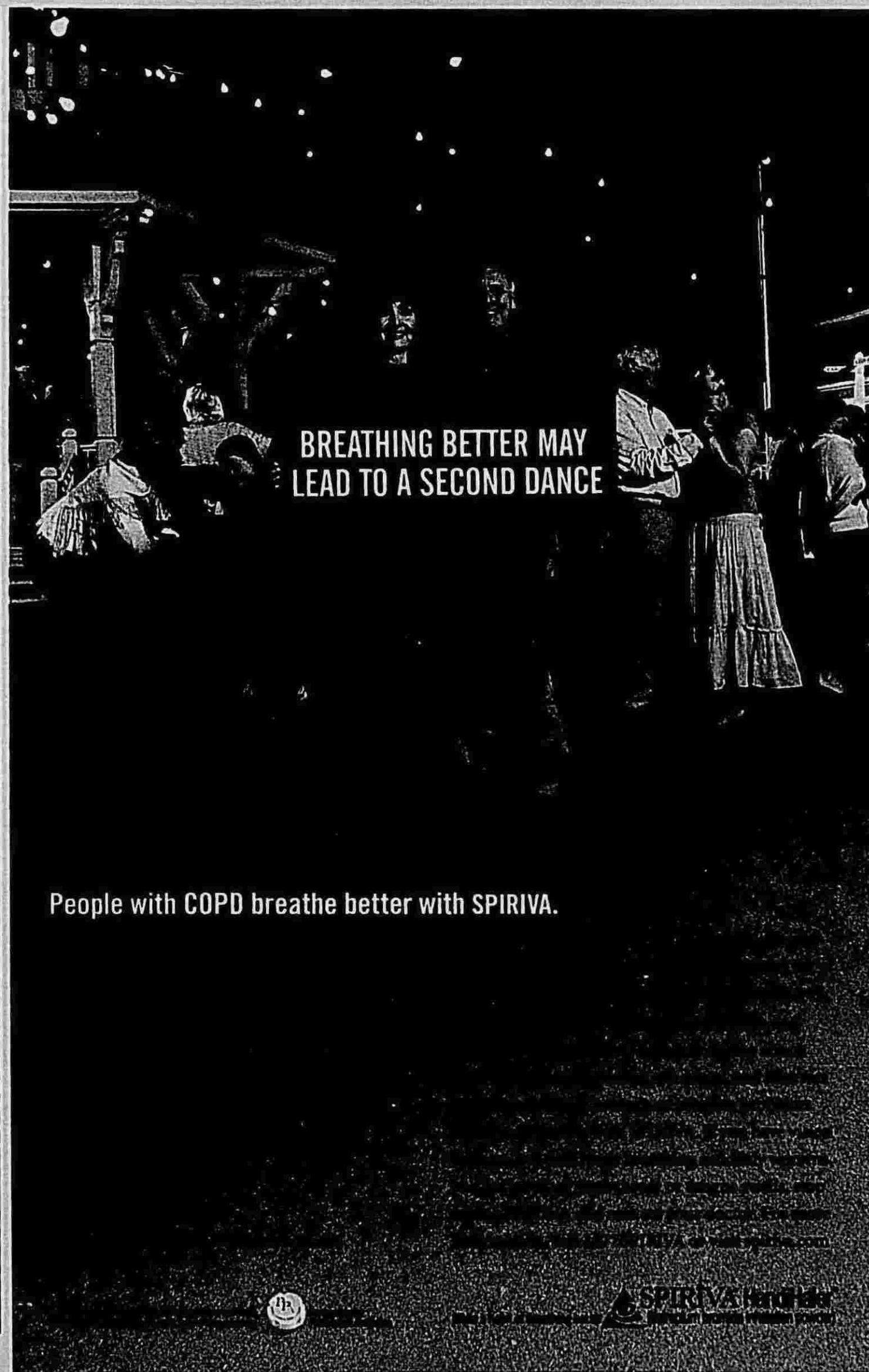
In emphysema, air sacs and small airways in the lungs are damaged. Airflow is obstructed, making it difficult to exhale, especially during physical activity. With chronic bronchitis, often called "smoker's cough," persistent coughing and shortness of breath are caused by lung inflammation and excess mucus production.

In addition to smoking, other major risk factors for COPD include long-term exposure to secondhand smoke, workplace exposure to pollutants, a history of childhood respiratory infections and a family history of emphysema.

While there is no cure, there are treatment options that may halt the progression of COPD and help sufferers breath easier and live longer. For smokers, the first step in prevention or treatment is the same: Quit smoking.

Dr. James Kiley, director of the National Heart, Lung and Blood Institute's lung division, emphasizes the importance of reporting any symptoms—shortness of breath, persistent cough, wheezing, chest tightness, or excess mucus—to a doctor as soon as possible.

"See your physician," Kiley says, "because early detection can lead to effective treatments, and that's really important." ▶



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Spiriva® HandiHaler® (tiotropium bromide inhalation powder)

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Brief Summary of Prescribing Information

INDICATIONS AND USAGE

SPIRIVA HandiHaler (tiotropium bromide Inhalation powder) is indicated for the long-term, once-daily, maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.

CONTRAINDICATIONS

SPIRIVA HandiHaler (tiotropium bromide Inhalation powder) is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, including ipratropium, or to any component of this product.

WARNINGS

SPIRIVA HandiHaler (tiotropium bromide Inhalation powder) is intended as a once-daily maintenance treatment for COPD and is not indicated for the initial treatment of acute episodes of bronchospasm, i.e., rescue therapy. Immediate hypersensitivity reactions, including angioedema, may occur after administration of SPIRIVA. If such a reaction occurs, therapy with SPIRIVA should be stopped at once and alternative treatments should be considered. Inhaled medicines, including SPIRIVA, may cause paradoxical bronchospasm. If this occurs, treatment with SPIRIVA should be stopped and other treatments considered.

PRECAUTIONS

General
As an anticholinergic drug, SPIRIVA (tiotropium bromide Inhalation powder) may potentially worsen symptoms and signs associated with narrow-angle glaucoma, prostatic hyperplasia or bladder-neck obstruction and should be used with caution in patients with any of these conditions. As a predominantly renally excreted drug, patients with moderate to severe renal impairment (creatinine clearance of $\leq 50 \text{ mL/min}$) treated with SPIRIVA should be monitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations, Renally Impaired Patients).

Information for Patients

It is important for patients to understand how to correctly administer SPIRIVA capsules using the HandiHaler Inhalation device (see Patient's Instructions for Use). SPIRIVA capsules should only be administered via the HandiHaler device and the HandiHaler device should not be used for administering other medications. Capsules should always be stored in sealed blisters. Remove only one capsule immediately before use, or its effectiveness may be reduced. Additional capsules that are exposed to air (i.e., not intended for immediate use) should be discarded. Eye pain or discomfort, blurred vision, visual halos or colored images in association with red eyes from conjunctival congestion and corneal edema may be signs of acute narrow-angle glaucoma. Should any of these signs and symptoms develop, consult a physician immediately. Miotic eye drops alone are not considered to be effective treatment. Care must be taken not to allow the powder to enter into the eyes as this may cause blurring of vision and pupil dilation.

SPIRIVA HandiHaler is a once-daily maintenance bronchodilator and should not be used for immediate relief of breathing problems, i.e., as a rescue medication.

Drug Interactions

SPIRIVA has been used concomitantly with other drugs commonly used in COPD without increases in adverse drug reactions. These include sympathomimetic bronchodilators, methylxanthines, and oral and inhaled steroids. However, the co-administration of SPIRIVA with other anticholinergic-containing drugs (e.g., ipratropium) has not been studied and is therefore not recommended.

Drug/Laboratory Test Interactions

None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No evidence of tumorigenicity was observed in a 104-week Inhalation study in rats at tiotropium doses up to 0.059 mg/kg/day, in an 83-week Inhalation study in female mice at doses up to 0.145 mg/kg/day, and in a 101-week Inhalation study in male mice at doses up to 0.002 mg/kg/day. These doses correspond to 25, 35, and 0.5 times the Recommended Human Daily Dose (RHDD) on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal Inhalation studies. Tiotropium bromide demonstrated no evidence of mutagenicity or clastogenicity in the following assays: the bacterial gene mutation assay, the V79 Chinese hamster cell mutagenesis assay, the chromosomal aberration assays in human lymphocytes *In vitro* and mouse micronucleus formation *In vivo*, and the unscheduled DNA synthesis in primary rat hepatocytes *In vitro* assay. In rats, decreases in the number of corpora lutea and the percentage of implants were noted at Inhalation tiotropium doses of 0.078 mg/kg/day or greater (approximately 35 times the RHDD on a mg/m² basis). No such effects were observed at 0.009 mg/kg/day (approximately 4 times than the RHDD on a mg/m² basis). The fertility index, however, was not affected at Inhalation doses up to 1.689 mg/kg/day (approximately 760 times the RHDD on a mg/m² basis). These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal Inhalation studies.

Pregnancy

Pregnancy Category C

No evidence of structural alterations was observed in rats and rabbits at Inhalation tiotropium doses of up to 1.671 and 0.007 mg/kg/day, respectively. These doses correspond to approximately 660 and 6 times the recommended human daily dose (RHDD) on a mg/m² basis. However, in rats, fetal resorption, litter loss, decreases in the number of live pups at birth and the mean pup weights, and a delay in pup sexual maturation were observed at Inhalation tiotropium doses of $\geq 0.078 \text{ mg/kg}$ (approximately 35 times the RHDD on a mg/m² basis). In rabbits, an increase in post-implantation loss was observed at an Inhalation dose of 0.4 mg/kg/day (approximately 360 times the RHDD on a mg/m² basis). Such effects were not observed at Inhalation doses of 0.009 and up to 0.088 mg/kg/day in rats and rabbits, respectively. These doses correspond to approximately 4 and 80 times the RHDD on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal Inhalation studies. There are no adequate and well-controlled studies in pregnant women. SPIRIVA should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery

The safety and effectiveness of SPIRIVA has not been studied during labor and delivery.

Nursing Mothers

Clinical data from nursing women exposed to tiotropium are not available. Based on lactating rodent studies, tiotropium is excreted into breast milk. It is not known whether tiotropium is excreted in human milk; but because many drugs are excreted in human milk and given these findings in rats, caution should be exercised if SPIRIVA is administered to a nursing woman.

Pediatric Use

SPIRIVA HandiHaler is approved for use in the maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease, including chronic bronchitis and emphysema. This disease does not normally occur in children. The safety and effectiveness of SPIRIVA in pediatric patients have not been established.

Geriatric Use

Of the total number of patients who received SPIRIVA in the 1-year clinical trials, 420 were < 65 years, 375 were 65–74 years and 105 were ≥ 75 years of age. Within each age subgroup, there were no differences between the proportion of patients with adverse events in the SPIRIVA and the comparator groups for most events. Dry mouth increased with age in the SPIRIVA group (differences from

placebo were 9.0%, 17.1%, and 16.2% in the aforementioned age subgroups). A higher frequency of constipation and urinary tract infections with increasing age was observed in the SPIRIVA group in the placebo-controlled studies. The differences from placebo for constipation were 0%, 1.8%, and 7.8% for each of the age groups. The differences from placebo for urinary tract infections were -0.6%, 4.6% and 4.5%. No overall differences in effectiveness were observed among these groups. Based on available data, no adjustment of SPIRIVA dosage in geriatric patients is warranted.

ADVERSE REACTIONS

Of the 2,663 patients in the four 1-year and two 6-month controlled clinical trials, 1,308 were treated with SPIRIVA (tiotropium bromide Inhalation powder) at the recommended dose of 18 mcg once a day. Patients with narrow angle glaucoma, or symptomatic prostatic hypertrophy or bladder outlet obstruction were excluded from these trials. The most commonly reported adverse drug reaction was dry mouth. Dry mouth was usually mild and often resolved during continued treatment. Other reactions reported in individual patients and consistent with possible anticholinergic effects included constipation, increased heart rate, blurred vision, glaucoma, urinary difficulty, and urinary retention. Four multicenter, 1-year, controlled studies evaluated SPIRIVA in patients with COPD. Table 1 shows all adverse events that occurred with a frequency of $\geq 3\%$ in the SPIRIVA group in the 1-year placebo-controlled trials where the rates in the SPIRIVA group exceeded placebo by $\geq 1\%$. The frequency of corresponding events in the ipratropium-controlled trials is included for comparison.

Table 1: Adverse Experience Incidence (% Patients) in One-Year-COPD Clinical Trials

Body System (Event)	Placebo-Controlled Trials		Ipratropium-Controlled Trials	
	SPIRIVA (n = 550)	Placebo (n = 371)	SPIRIVA (n = 356)	Ipratropium (n = 179)
Body as a Whole				
Accidents	13	11	5	8
Chest Pain (non-specific)	7	5	5	2
Edema, Dependent	5	4	3	5
Gastrointestinal System Disorders				
Abdominal Pain	5	3	6	6
Constipation	4	2	1	1
Dry Mouth	16	3	12	6
Dyspepsia	6	5	1	1
Vomiting	4	2	1	2
Musculoskeletal System				
Myalgia	4	3	4	3
Respiratory Mechanism Disorders				
Infection	4	3	1	3
Moniliasis	4	2	3	2
Respiratory System (upper)				
Epistaxis	4	2	1	1
Pharyngitis	9	7	7	3
Rhinitis	6	5	3	2
Sinusitis	11	9	3	2
Upper Respiratory Tract Infection	41	37	43	35
Skin and Appendage Disorders				
Rash	4	2	2	2
Urinary System				
Urinary Tract Infection	7	5	6	2

Arthritis, coughing, and influenza-like symptoms occurred at a rate of $\geq 3\%$ in the SPIRIVA treatment group, but were $< 1\%$ in excess of the placebo group. Other events that occurred in the SPIRIVA group at a frequency of 1–3% in the placebo-controlled trials where the rates exceeded that in the placebo group include: *Body as a Whole*: allergic reaction, leg pain; *Central and Peripheral Nervous System*: dyphoria, paresthesia; *Gastrointestinal System Disorders*: gastrointestinal disorder not otherwise specified (NOS), gastroesophageal reflux, stomatitis (including ulcerative stomatitis); *Metabolic and Nutritional Disorders*: hypercholesterolemia, hyperglycemia; *Musculoskeletal System Disorders*: skeletal pain; *Cardiac Events*: angina pectoris (including aggravated angina pectoris); *Psychiatric Disorders*: depression; *Infections*: herpes zoster; *Respiratory System Disorder (Upper)*: laryngitis; *Vision Disorders*: cataract. In addition, among the adverse events observed in the clinical trials with an incidence of $< 1\%$ were atrial fibrillation, supraventricular tachycardia, angioedema, and urinary retention. In the 1-year trials, the incidence of dry mouth, constipation, and urinary tract infection increased with age (see PRECAUTIONS, Geriatric Use). Two multicenter, 6-month, controlled studies evaluated SPIRIVA in patients with COPD. The adverse events and the incidence rates were similar to those seen in the 1-year controlled trials. The following adverse reactions have been identified during worldwide post-approval use of SPIRIVA: dizziness, dysphagia, epistaxis, hoarseness, intestinal obstruction including ileus paralytic, intracocular pressure increased, oral candidiasis, palpitations, pruritus, tachycardia, throat irritation, and urticaria.

DOSAGE AND ADMINISTRATION
The recommended dosage of SPIRIVA HandiHaler (tiotropium bromide Inhalation powder) is the inhalation of the contents of one SPIRIVA capsule, once-daily, with the HandiHaler Inhalation device (see Patient's Instructions for Use). No dosage adjustment is required for geriatric, hepatically-impaired, or renally-impaired patients. However, patients with moderate to severe renal impairment given SPIRIVA should be monitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations and PRECAUTIONS). SPIRIVA capsules are for Inhalation only and must not be swallowed.

HOW SUPPLIED
The following packages are available:
carton containing 5 SPIRIVA capsules (1 unit-dose blister card) and 1 HandiHaler Inhalation device (NDC 0597-0075-75)
carton containing 30 SPIRIVA capsules (3 unit-dose blister cards) and 1 HandiHaler Inhalation device (NDC 0597-0075-41)
carton containing 90 SPIRIVA capsules (9 unit-dose blister cards) and 1 HandiHaler Inhalation device (NDC 0597-0075-47)

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SV44079



Nola graduated alongside granddaughter Alexandra Ochs, one of her 13 grandchildren.

(Continued from page 7)

Sharing her excitement was her granddaughter, Alexandra Ochs, 21, a fellow senior. The two were classmates in an Old Testament history class.

"With the first papers we got back, I was worried that she'd do better," Alexandra says. Both received A's.

Strolling across campus with her white hair tucked in a bun and a ready smile, Nola quickly became a celebrity on campus. Classmates threw her a surprise party for her 95th birthday.

While Nola occasionally mingled with and baked cinnamon rolls for her fellow students, socializing took a backseat to her studies. "I've worked like a beaver, and when finals came along, I worked like two beavers," she says.

During her two semesters, she earned a 3.7 grade-point average and wrote more than 100 essays and research papers.

Her political issues professor, Shala Mills, used one of Nola's A-plus papers as an example to students on how to do a thorough research and writing job.

"She's a delight to have in class," Mills says. "Nola always volunteers in discussions."

Classmate Dena Thomas, 22, says she enjoyed Nola's perspective on issues. "In class you talk about 'what if,' but Nola talks about what was."

Nola's 13 grandchildren and 15 great-grandchildren are especially proud of her educational world record, and her decision to pursue a master's degree.

"She has always encouraged all of us grandkids to get good grades," says Colby Ochs, 18, a senior at Jetmore High School. When he needs help with math, he heads to his grandmother's house for tutoring.

Thirty-five proud family members attended Nola's graduation ceremony decked out in matching "Nola's #1 Fan" T-shirts. The audience gave Nola a standing ovation as she walked across the stage to receive her diploma from Kansas Gov. Kathleen Sebelius.

"Everybody admires her," says Alexandra, who graduated alongside her grandmother. "It's one thing to be 95 and go back to school, but it's another to be 95 and graduate." ➤

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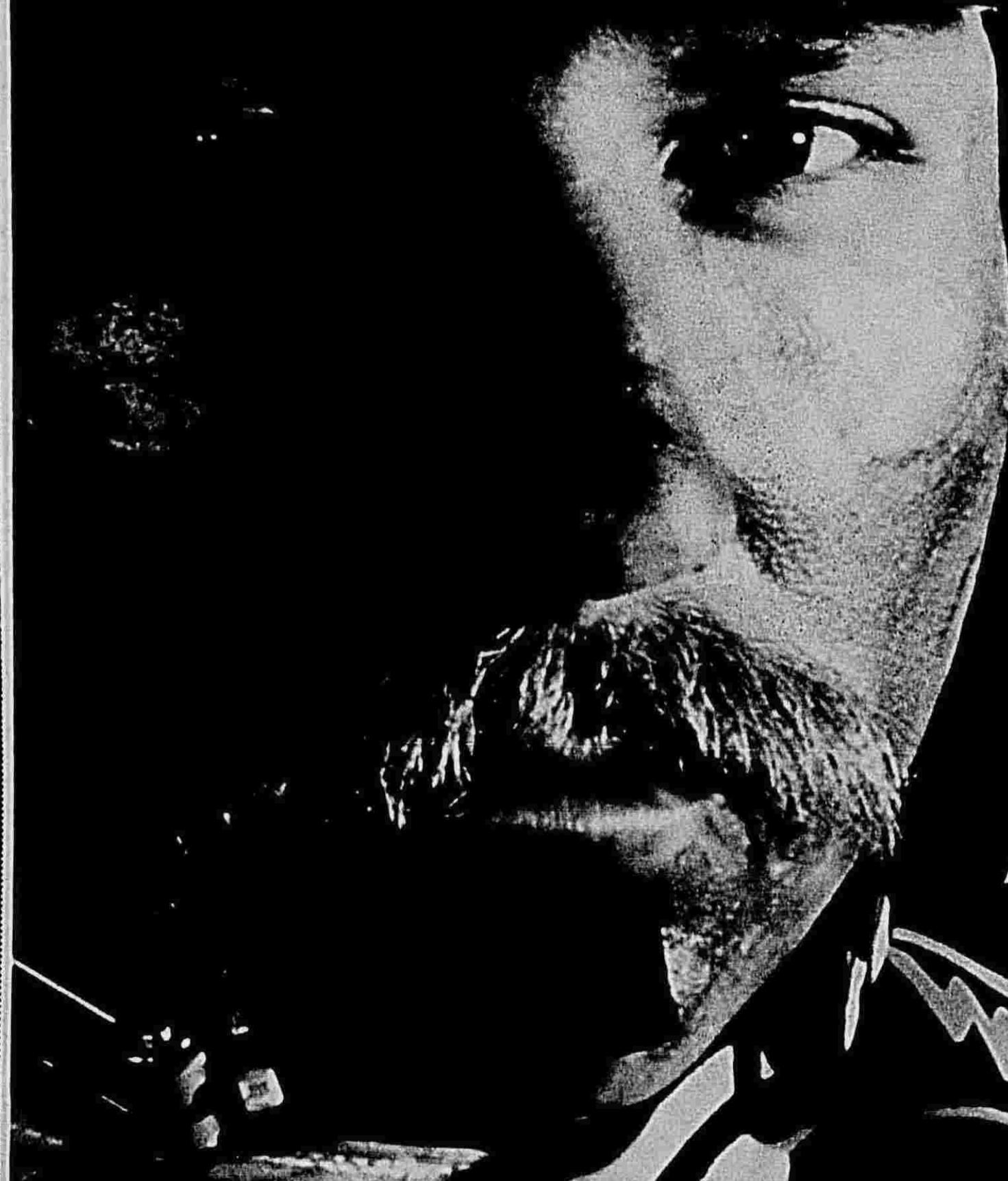
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Wrangler

76

EARNHARDT



*Dale Earnhardt
was NASCAR's
most acclaimed
racer and an
American legend*

By LARRY WOODY

DALE

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When Dale started it was always you knew. A racecar driver you could find out and find out about. He was one of the few drivers described as having "a definite sharpness." After he spun his wheels down the track, he'd turn around the car and up the side of the track, park the car, then get out, and walk away. He would ignore the crowd, the cameras, the fans.

There's a difference there. And there's another, and the other is that he's not afraid with Dale. He's not afraid to take risks, to race hard, to push hard. He's not afraid to go after the lead, to go after the win. He's not afraid to go after the title, to go after the championship. He's not afraid to go after the money, to go after the fame, to go after the glory, to go after the success, to go after the victory, to go after the trophy, to go after the check.

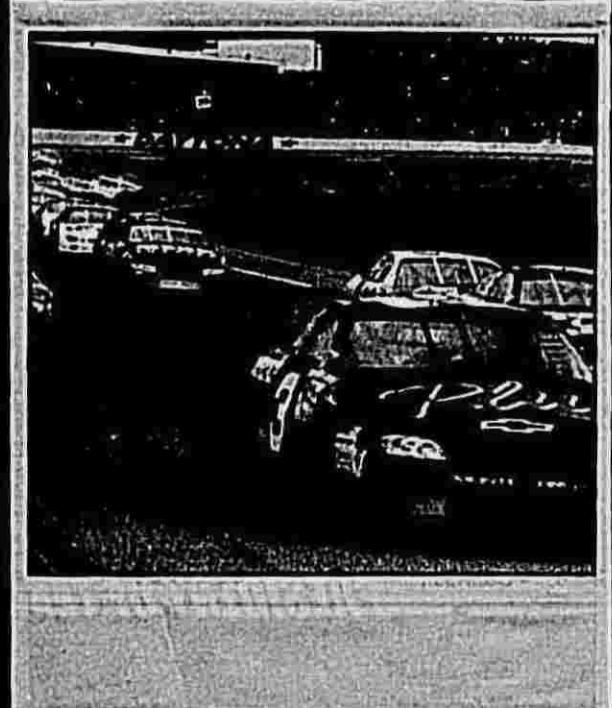
He's not afraid to go after the title, to go after the trophy, to go after the check, to go after the fame, to go after the glory, to go after the success, to go after the victory, to go after the check.

He's not afraid to go after the title, to go after the trophy, to go after the check, to go after the fame, to go after the glory, to go after the success, to go after the victory, to go after the check.

Dream Earnhardt was born in the rural North Carolina town of Kannapolis, the son of shoeshine man Ralph Earnhardt. He quit high school, married young, started a family and went to work in the mills to support it. I decided pretty soon that wasn't boy I wanted to spend my life," Earnhardt told a friend. "I was determined to get out, no matter what it took."

What it took was racing. After a few years of trudges - wrecked cars, lost rides, docking bill collections - he got his shot at 17, at the big leagues. The more he raced, the more he won. He got three and seven championships, tied with venerable Richard Petty. Often literally knee-kicked into the competition, he avoided his hand-churning type and instead opted for speed. By the late 1960s, the driver had a top speed exceeding that of the other drivers, in the vicinity of 180 mph.

From the mid-1970s, he became a legend, appearing in TV commercials and magazine stories. He continued to compete during the early 1980s, the late 1980s, and the early 1990s, winning a total of 100 races, 100 wins, and 100 victories. In the late 1990s, he began to淡出 the racing scene, but he still competes in occasional events. In the early 2000s, he returned to racing, competing in several events, including the Daytona 500, the Brickyard 400, and the Winston Cup Series. In the late 2000s, he retired from racing, but he still competes in occasional events, including the Daytona 500, the Brickyard 400, and the Winston Cup Series. In the early 2000s, he returned to racing, competing in several events, including the Daytona 500, the Brickyard 400, and the Winston Cup Series. In the late 2000s, he retired from racing, but he still competes in occasional events, including the Daytona 500, the Brickyard 400, and the Winston Cup Series.



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same from. He had his private jets and yachts, but at heart he remained a country boy. He was always working on his farm or sitting in a bass boat at deer stand. He was genuine and the fans

were drawn to him. When he wanted to make it big he had a team of publicists to buff and polish. In truth, he was a simple man. Despite his lack of formal education, he had a rough edges, wore his heart on his sleeve attitude that made him more confident and popular. When he was invited to address the National Press Club in Washington, D.C., he was asked what he thought of President George W. Bush. "I think he's a good guy," said Earnhardt. "I think he's got a good heart."

He was a man who left God alone, a serve-yourself kind of guy who didn't believe in rules. He was a man who liked to drink, a man who liked to have fun, a man who liked to be around people.

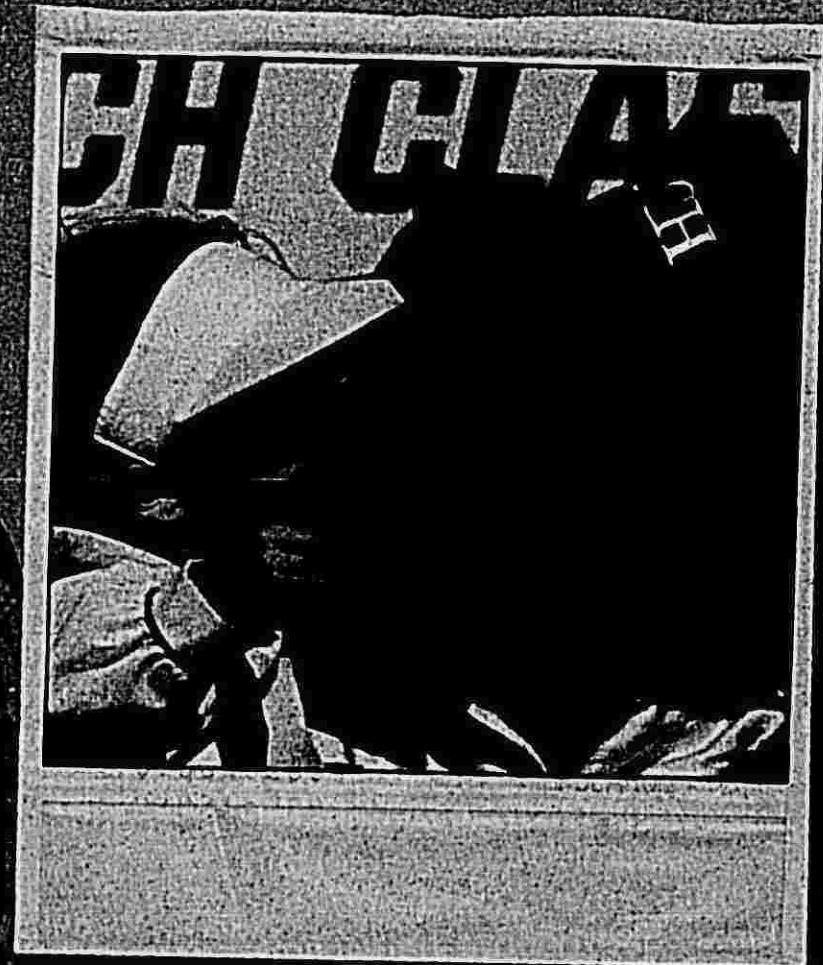
a North Carolina steak house named a giant sirloin. The Intimidator in his honor, Earnhardt was asked if he could recommend a suitable entree named for diminutive rival Geoffrey Bodine. "Yeah," grinned Earnhardt. "Chicken and shrimp!"

After knocking fellow racer (and hunting buddy) Terry Labonte out of the way to win a race at Bristol one night, Earnhardt was questioned about the tough tactic. "Aw," he said, "I just rattled his cage a little." His toughness was legendary. After a crash at Daytona left his car crushed, Earnhardt ordered the wrecker driver to unhook it; Dale crawled in, fired it up and wobbled back onto the track.

Then there was the other Earnhardt. One evening at a Bristol fan event all the star drivers were on stage except Dale. The event organizers began to search frantically for Earnhardt. They found him backstage, squatting beside the wheelchair of a frail old woman. She held a cheap felt No. 3 flag in one shaky hand. Earnhardt was holding her other hand and

**"HE WASN'T JUST A GREAT RACE
DRIVER, HE WAS A GREAT MAN."**

**- EDDIE GOSSAGE,
PRESIDENT OF TEXAS MOTOR SPEEDWAY**



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speaking softly. Finally he stood, kissed her on the forehead, and slowly walked away to take his place on the stage. The Intimidator's eyes glistened.

Dale Earnhardt was private about his charitable endeavors. Speedway Children's Charities, the Kannapolis Education Foundation, Make-A-Wish and the Special Olympics were a few of his favorite organizations.

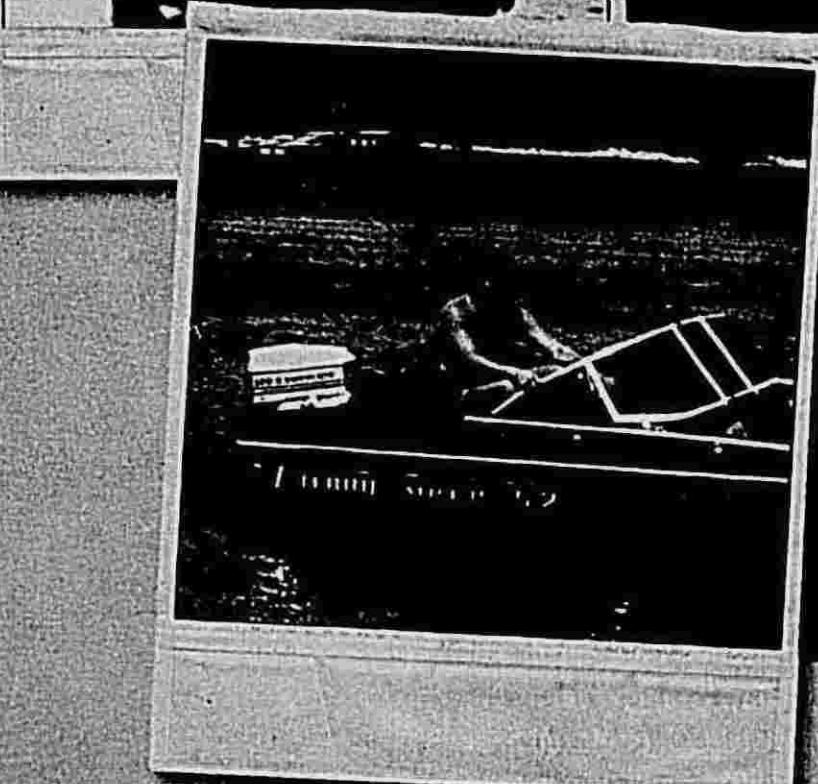
"There was a little boy in the Make-A-Wish program who wanted to meet Dale," recalls a track operator. "Dale agreed - with the understanding that it wouldn't be publicized. Dale sat down with this boy and talked with him, signed some caps, really threw himself into it. I think Dale got as much out of it as the little boy did."

Another time, Earnhardt spoke one-on-one with children in the Kannapolis Education Foundation. Said a member of the Chamber of Commerce, "Dale always put great stock in education, probably because he regretted having quit school so early. What an inspiration he was, telling kids to stay in school and study hard."

Earnhardt's good heart extended to friends. Eddie Gossage, president of Texas Motor Speedway, once had an argument with Earnhardt. Said Gossage, "A few days after that, my mother passed away. When I got back from her funeral I went into my office and there sat Earnhardt. He said he was sorry about our fight and told me how sorry he was about my mother. We sat and talked and it meant the world to me."

When Earnhardt perished at Daytona, the NASCAR nation mourned. In the South, especially, his death was compared to that of Elvis or Alabama coach Bear Bryant. Hundreds of memorial services were held throughout the region. At the main service in Charlotte, thousands turned out - family, friends, fellow drivers. Among the crowd that icy, forlorn February day was legendary racer Junior Johnson.

Asked to describe Earnhardt, Johnson said: "He was the greatest stock-car driver who ever lived. There wasn't one better than him before, and there won't be one better afterwards. He set the standard, and from now on every driver will race in his shadow."



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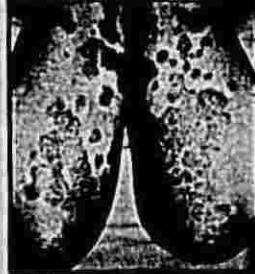
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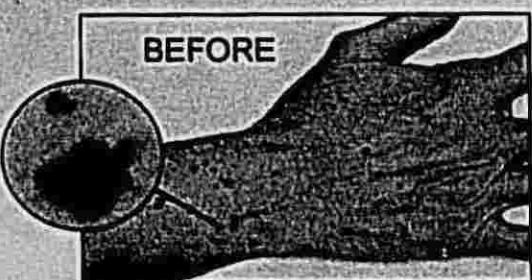
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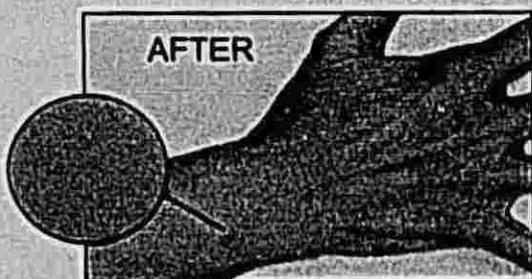
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**Hometown
Spotlight**

**Amish &
Antiques**

by MARTI ATTOUN
Contributing Editor

Lewis Hochstetler's horse-drawn buggy travels down a road fringed with tidy, white farmhouses in Shipshewana, Ind. (pop. 536), where the rhythmic clink-clink of hooves is as familiar as the hum of automobiles.

"George gets new shoes every seven or eight weeks," says Hochstetler, 71, of his horse, pulling a buggy-load of out-of-town passengers.

Hochstetler is among 20,000 Amish residents in Elkhart and LaGrange counties, home to the world's third largest concentration of the pious Protestant faith. Among the "Plain People's" freshly painted barns and well-tended farm fields is Shipshewana, a quaint town that mirrors the Amish values of simplicity and self-reliance. Shops sell handcrafted furniture, quilts and rag rugs, and restaurants serve made-from-scratch meals where Amish egg noodles are standard fare. No alcohol is sold in town and businesses are closed on Sunday in reverence to the town's faith.



Horse-drawn conveyances are
commonplace in Shipshewana, Ind.



Willis Yoder (right) auctions an old iron bed.

On Tuesdays and Wednesdays, the sleepy town awakens to bumper-to-buggy traffic when as many as 30,000 bargain-hunters arrive to shop for goods from hogs to Hoosier cabinets. The sales extravaganza, which began in 1922 with a small-scale livestock auction, has evolved into a colossal bazaar featuring antique auctions and a giant flea market. With 1,100 vendors spread across 10 acres, the flea market is the Midwest's largest.

Inside the auction barn, seven auctioneers hawk a hodgepodge of antiques. Amish auctioneer Willis Yoder sells an old iron bedstead for \$6, while a nearby auctioneer sings out a "who'll gimme" for a pink birdcage.

Within two hours, bidder Pat Sutherland of Lerna, Ill. (pop. 322), and her friend JoAnn Dittamore of Montrose, Ill. (pop. 257), buy a truckload of treasures: camelback trunks, crockery, a glass rolling pin and even a little boy's Amish outfit with a solid-color shirt and trousers with suspenders.

Market days mean business, too, for Amish families who set out signs to advertise baked goods, jellies and crafts. Some couples, such as Joe and Betty Wingard, serve meals in their homes to the "English," as the German-speaking Amish refer to people outside the faith.

"I enjoy cooking. This is our sixth year to serve dinners," says Betty as she heaps platters with fried chicken and Salisbury steak for 30 guests at three tables spread across her kitchen. After the blessing, the home-cooked meal, featuring everything from mashed potatoes to rhubarb-custard pie, is served.

People are fascinated with the



Pat Sutherland (left) and JoAnn Dittamore bought a truckload of treasures.

Amish lifestyle, says Joseph Yoder, director of the Menno-Hof Visitors Center, which opened in 1988 to present the story of the Anabaptists, members of the Amish and Mennonite faiths who immigrated to the United States in the 17th and 18th centuries. The Amish follow a strict interpretation of the Bible and reject technology, such as electricity and telephones, which they believe could lead to a weakening of the family and community.

Of the 200,000 Amish in the United States, the largest concentrations are in Holmes County, Ohio, and Lancaster County, Pa. From these groups, Amish settlers moved westward into northern Indiana in the 1840s.

"People think they're going to meet pioneers," Yoder says about visitors to Shipshewana, "but what they see are modern Americans. The Amish dress alike because they are not prideful. They really have the best of both worlds. They live in a modern world, but they have the support of each other."

Amish children attend either Amish or public schools, but their formal education ends with eighth grade. Thus, eighth-grade graduation is a big ceremony in the Shipshewana public schools. When not in school, Amish children accompany and work alongside their parents.

At the Dutch Country Market in nearby Middlebury (pop. 2,956), Norman and Katie Lehman and their six children make about 300 pounds of egg noodles each weekday. Even 8-year-old Wilma has a job, hanging sheets of dough to dry on wooden racks before the dough is cut into noodles. Made from egg yolks and durum wheat flour, the noodles are a "perfect food, the first food we feed our babies," Norman says.

(Continued on page 15)



Diners enjoy a home-cooked Amish meal.

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Tidbits

Did You
Know...

ILLINOIS—One of the most famous addresses in blues and rock 'n' roll culture is 2120 S. Michigan Ave. in Chicago, home of Chess Records Office and Recording Studio. Brothers Leonard and Phil Chess established the studio in 1957 and recorded legendary artists such as Muddy Waters, Chuck Berry, Howlin' Wolf, Bo Diddley and Aretha Franklin.

INDIANA—Slugger Hank Aaron, who hit 755 home runs during his major league career, signed his first baseball contract in 1952 with the Indianapolis Clowns of the Negro American League.

IOWA—Thousands of golfers and spectators take to the sky in Des Moines each February for the Skywalk Open Golf Tournament, which is played on three miles of winding downtown skywalks. The event is billed as the world's largest indoor miniature golf tournament.

KANSAS—Cedar Crest, the Kansas governor's mansion in Topeka, is the smallest occupied governor's residence in the United States, but sits on the largest property: 244 acres.

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MINNESOTA—The oldest human remains found in the state belonged to the Browns Valley Man, who lived about 9,000 years ago. His remains were discovered in 1933 in a gravel pit near Browns Valley (pop. 690).

MISSOURI—Encompassing more than 3,500 acres, Prairie State Park in Barton County (pop. 12,541) is the state's largest tract of remaining tall-grass prairie and is home to bison and prairie chickens. The park is especially popular with hikers and birders.

NEBRASKA—Incorporated in 1886, Strang (pop. 32) is named for a windmill salesman, A.L. Strang, who offered the community, formerly known as Media and Bixby, a free windmill if they would name the town after him.

NORTH DAKOTA—One of the first mosques in the United States was built by Muslim homesteaders in Ross (pop. 48) in 1929.

OHIO—Historian Arthur Schlesinger Jr. rose to prominence at age 29 when his book, *The Age of Jackson*, about President Andrew Jackson won the 1946 Pulitzer Prize for history. The Columbus native won a second Pulitzer 20 years later for *A Thousand Days*, an account of his role as special assistant to President John F. Kennedy.

SOUTH DAKOTA—Established in 2006, the Roo Ranch near Deadwood (pop. 1,380) is jumping with about 50 kangaroos of various species, including wallabies and wallaroos.

WISCONSIN—One of the famous 25 Big Boy steam engines—Number 4017—built by Union Pacific from 1941 to 1944 is permanently parked at the National Railroad Museum in Green Bay. The massive 132-foot-long locomotives weighed 1.2 million pounds and were built to pull a 3,600-ton train. Because of their great length, the frames of the Big Boys were "hinged," or articulated, to allow them to negotiate curves. ↗

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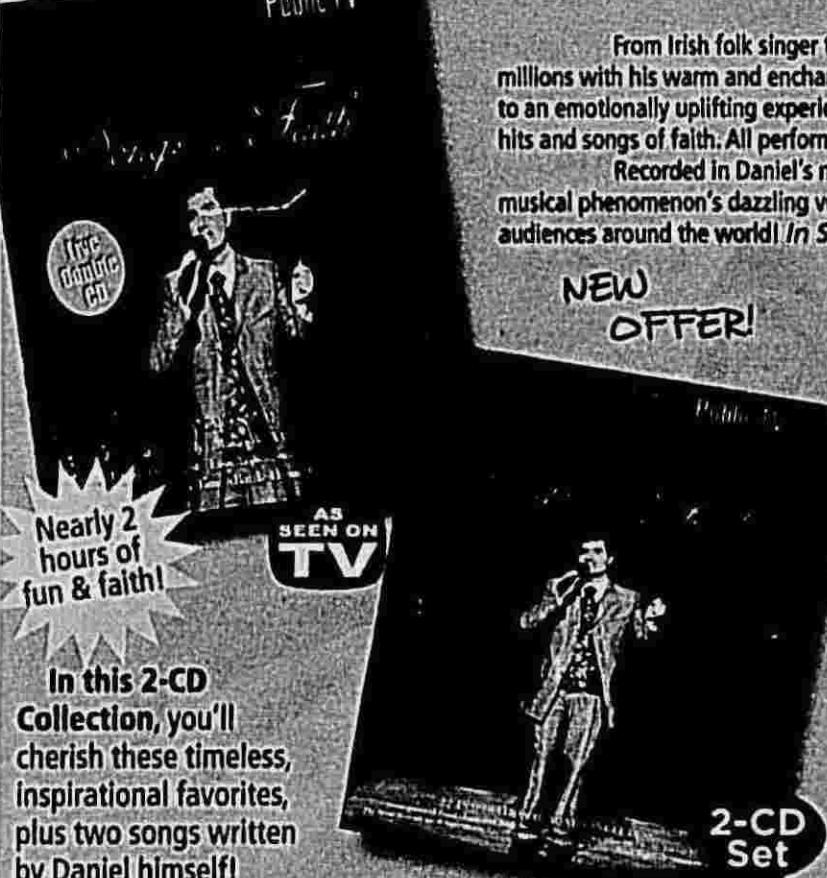
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Wilma Lehman, 8, helps her mother Katie dry sheets of egg noodle dough.

(Continued from page 13)

From its humble fare to its countryside where plain dark dresses flutter on clotheslines and horses work the fields, Indiana's Amish country nourishes the body and the spirit.

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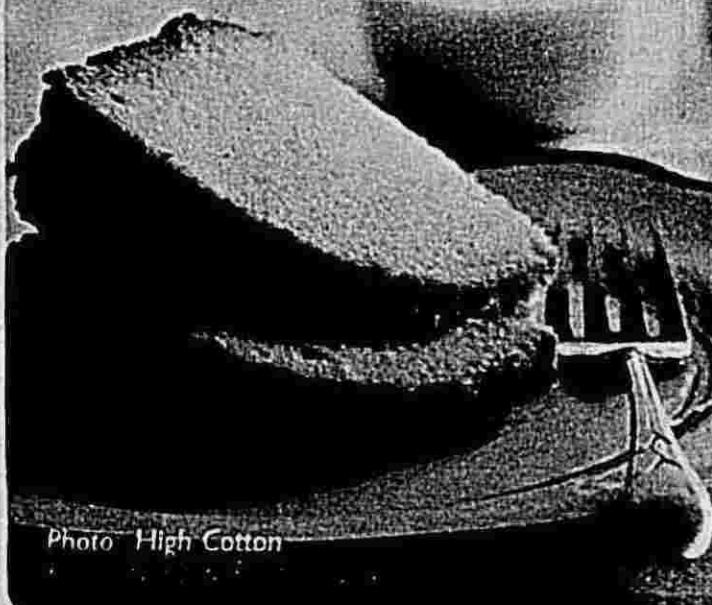
AmericanProfile.com**RECIPE: Butter Rum Cake****AmericanProfile**Judy Prine
Hattiesburg, Miss.

Photo: High Cotton

Butter Rum Cake**Cake:**

- 2 sticks butter
- 1 cup vegetable oil
- 5 eggs
- 3 cups sugar
- 3 cups cake flour
- 1 cup milk
- ½ teaspoon baking powder
- 1 teaspoon rum flavoring
- 1 teaspoon butter flavoring
- 1 teaspoon almond flavoring

Glaze:

- ½ cup water
- 1 cup sugar
- 1 teaspoon rum flavoring
- 1 teaspoon butter flavoring
- 1 teaspoon almond flavoring
- 1 teaspoon coconut flavoring

1. Preheat oven to 350F. Grease a Bundt pan.
2. To prepare the cake, melt butter and oil together; pour into mixing bowl. With an electric mixer, beat in eggs, one at a time. Add sugar, cake flour, milk, baking powder and flavorings; blend well. Pour mixture into pan. Bake 1½ hours or until cake pulls away from sides of pan.
3. To prepare the glaze, combine water, sugar and flavorings in a saucepan. Heat until sugar melts; do not boil. Pour over cake while it is still hot. Serves 16.

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How Seniors can Prevent the #1 cause of Accidental Death

by Tom Paxton

Falls are the number one cause of accidental death for seniors. They are also responsible for 90% of all hip fractures... which can result in a nursing home stay and a loss of independence. In fact, according to the National Council on Aging, every hour one senior dies from fall related injuries. Actor George Burns, author Dr. Robert Atkins and TV journalist David Brinkley all died from fall related injuries.

That's the bad news. The good news is, the terrible risk of falls and serious injuries can be greatly reduced... thanks to a remarkable balance improvement system developed by Dr. Betty Perkins-Carpenter, who served on the President's Council on Physical Fitness and Sports and was a speaker at the White House Conference on Aging. Long used by doctors and physical therapists, Dr. Perkins-Carpenter's balance improvement system is now available to the general public.

As your own doctor will tell you, the balance reflex declines sharply as you get older. With age, your brain's ability to compensate for sudden changes in balance and space orientation grows steadily weaker. The result is, it's easy to lose your balance, trip and fall. Dr. Perkins-Carpenter's tested and proven system consists of easy, no-sweat movements that can improve your balance reflex... so you can walk and stand steadier, more firmly and more confidently.

Dr. Perkins-Carpenter has been teaching her system

to seniors for over 30 years. The movements can be done in a few minutes a day and they are not strenuous. It works no matter how old you are. She says, "*poor balance can be improved by any one at any age.*" The simple movements tone and tighten your muscles and help strengthen your bones to fight osteoporosis. They can also improve your flexibility and mobility.

Dr. Perkins-Carpenter's balance improvement system is published in a large-print, easy-to-follow guide, complete with illustrations showing exactly how to perform each simple movement. Used by doctors and physical therapists on their own patients and family members, it has saved countless people from needless pain and suffering. What's more, it has also received praise from insurance companies, members of senior organizations and Nobel Prize winner Linus Pauling, who himself used the system well into his 90's.

Here's a sample of what Dr. Perkins-Carpenter's system can do for you, besides improving your balance reflex:

- You can have more energy
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- Sleep better
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- Enjoy being more active
- Strengthen your arms and legs
- Ease knee and shoulder pain
- Increase your stamina
- Tighten abdominal muscles

- Burn calories
- Help relieve neck and back pain
- Improve coordination
- Bend down and move more freely at the waist
- Walk and stand with more confidence
- Feel a greater sense of well-being and independence

Dr. Perkins-Carpenter's balance improvement system can not only help keep you from experiencing a dangerous fall, but can also help you feel revitalized. Growing older does not automatically mean having to avoid doing the things you want for fear of falling.

Right now, as part of a special introductory offer, you can receive a special press run of Dr. Perkins-Carpenter's system for only \$12.95 plus \$2.00 shipping and handling. It comes with a 90 day money back guarantee. If you are not 100% satisfied, simply return it for a full refund - no questions asked.

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Adding Value to Your Abode

by KATIE AND GENE HAMILTON

Homeowners spent more than \$155 billion on home improvements and repairs in 2006, according to Harvard University's Joint Center for Housing Studies. But many home improvement projects don't require a large financial investment. To get you started, here are 10 simple projects that will add more value to your home than they cost.

1. Painting the exterior of a house is expensive, but painting a new accent color to beautify the shutters, trim and front door is more affordable. To complete the new look, add a new doormat and house numbers.
2. Clean gutters twice a year and repair any holes in downspouts to keep rainwater from damaging a home's siding. Place an inexpensive diverter at the base of the downspouts to direct water flow away from the house to prevent damage to the foundation or basement.
3. A well-landscaped yard can add 5 to 15 percent to a house's selling value, according to a study at Mississippi State University. Find a local nursery with free planning advice and classes to learn the most suitable plants and shrubbery for a particular location. Implement and budget the plan over several years to keep annual costs low.
4. First impressions are lasting, so keep the lawn cut and manicured. Fertilize and mow the lawn regularly and remove debris from the yard. Invest in a \$20 edging tool and use it to cut a clean edge between the lawn and garden beds. Use a pruning tool to trim bushes and tree branches when needed.
5. A motion-sensing security light in the backyard is a small improvement that makes a big difference. Not only will it add an increased level of security, it's also a nice convenience when returning home in the dark.
6. Interior painting is the most popular do-it-yourself project because it's easy to learn the skills while on the job, and the paint and tools are inexpensive. A gallon of paint goes a long way to change a room from ordinary to extraordinary.
7. Add architectural interest to a room with molding made of wood or polyurethane. Take it one step further and install beadboard paneling as wainscoting on walls. These materials, sold at lumberyards and home centers, are designed for do-it-yourselfers.
8. To make the most of your closets, give them an overhaul with new shelving and storage components. Closet design services are listed in the Yellow Pages, and do-it-yourself shelving components are sold at home centers.
9. A poorly ventilated bathroom is a breeding ground for mold and mildew, and most old light/vent units don't provide enough ventilation to combat the problem. Replace an old unit with a motion-sensing one for about \$150. The light automatically turns on when someone enters the

bathroom and turns off when they leave, and the vent kicks on when the humidity level rises in the room. It decreases the chances of mildew growing, and everyone in the house will appreciate the automatic light during late-night visits.

10. Most homes were built with bare minimum lighting, especially in the kitchen, where there's often only one overhead

ceiling light. Make a kitchen countertop a safer workspace by adding strips of under-cabinet, low-profile fixtures that are concealed in the shallow recess of a wall-hung cabinet. They plug into a wall receptacle and provide plenty of light for food preparation. ➤

Katie and Gene Hamilton are authors of home improvement books.

**Profiles
in History**



Scott Reynolds Nelson

Finding the Real John Henry

John Henry, the mighty railroad worker with a sledgehammer who beat a steam-powered drill in a spike-driving contest, long has been a celebrated folk hero. But most people assume he was only a legend. Not so, says Scott Reynolds Nelson, author of the new biography *Steel Drivin' Man: John Henry, The Untold Story of an American Legend*.

AP: What's the history of John Henry?

SRN: When the Chesapeake & Ohio Railroad was building the mile-long Lewis Tunnel through the mountains of western Virginia in the 1870s, they couldn't get laborers to work alongside the steam drill because it produced bad air. So they got 200 convicts. John Henry was from New Jersey, and he originally was arrested for shoplifting.

AP: How did you learn he was a real man?

SRN: I started looking into the penitentiary and railroad records and found all these prisoners being shuttled out to dig this tunnel in 1872, and one of them was named John Henry, who battled side-by-side with a steam drill.

AP: How did the "John Henry" song originally come to be?

SRN: Based on interviews done in the 1920s, either Cal Evans, a round-house cook, or an unnamed water boy transmitted the story and composed the song around 1875-1880.

AP: How did the man become the legend?

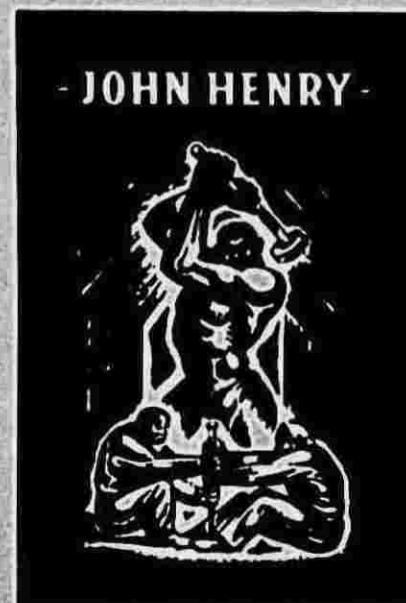
SRN: Railroad track liners used the song to remind others to work slowly and preserve themselves. In the early part of the 20th century, folklore scholars discovered the song. They said, "He must have been 10 feet tall and 4 feet wide, just a huge man." So he became a folklore relic, even though he was actually very short—5-feet-1 and a quarter, the perfect size for making tunnels.

AP: In what ways has the story of John Henry been revised and used at different times by different groups?

SRN: In the 1930s, the Communist Party decided he represented the plight of workers fighting against capitalism. Black men and women in the Harlem Renaissance sang the song, and in country music, "John Henry" was the third song Fiddlin' John Carson recorded. White cotton mill workers latched on to the story of "fighting against the machine" and saw him as one of their own.

AP: How many different recordings have been made of the song?

SRN: There must be close to 200 versions. Bruce Springsteen's album *The Seeger Sessions* has a great version. There are even hip-hop renditions.



AP: You say even the term "rock 'n' roll" comes from the John Henry songs.

SRN: Yes. One of them talks about rocking and rolling, because that's what a two-man hammer team has to do when they're drilling. One man holds the spike, and the other person hits it with a hammer. And he says to his buddy, or shaker, "Rock, buddy, rock," and "Roll, buddy, roll." It's a command to move the drill from side to side—rock it—or twist it around—roll it. That's what a shaker has to do to make a good hole in the side of a mountain.

AP: How did John Henry die?

SRN: Basically everyone who worked on that tunnel was dead within a couple of years. The granite dust generated from the steam drill got sucked into their noses and their lungs. John Henry died of what we now call acute silicosis; then, they would have called it consumption. He was 23.

AP: In 21st-century America, with all our technology, why is the story of John Henry still relevant and important?

SRN: People are always lining themselves up against impossible odds. And with machines, you have the sense that your buttons are being pushed by something that isn't even human—in this case, an engine that does the work of 50 men. John Henry is right at that shift from water and wood to steam and steel. ➤

Alanna Nash is a writer in Louisville, Ky.



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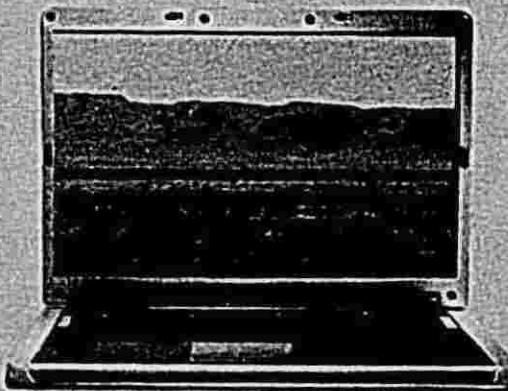
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